ame (last name/first name) ****ONE WALKER PER FORM PLEASE!!**

ailing Address (include apt. no.)

ity **State** **Zip Code**

Shirt Size (Circle One)
Youth: XS S M L
Adult: S M L XL 2X 3X

mail Address

LOCATION (check one)
___ Ankeny (DM) ___ Quad Cities
___ Cedar Rapids ___ Sioux City
___ Chariton ___ Washington
___ Mason City ___ Not Walking

Walking in Memory of:

Registration Fee:

Postmarked BEFORE 8/18/11
Adult Registration $25 ___
Regis. w/long sleeve tee $35 ___
(Long sleeve tees are available in adult sizes for those that pre-register by August 5th ONLY!)
Youth Registration $10 ___

Postmarked on or AFTER 8/18:
Adult Registration $30 ___
Youth Registration $12 ___
Shipping (if NOT walking) $3 ___
Donation to ISF ___
Total ___

ease & Waiver (must be signed to participate): In consideration of acceptance of this entry, I hereby, for myself, my
s, executors and administrators, waive & release any & all rights & claims for damages I may have or thereafter
rue to me against all sponsors, contributors, and individuals associated with the event, its agencies, representatives,
cessors & assigns for any & all injuries suffered by me, while taking part in the event. I attest and verify that I have
knowledge of the risks involved in this event & I am physically fit & sufficiently trained to participate in the event. I
e my permission for the free use of my name and picture in a broadcast or print media account of this event

_____ _____
nature of Walker (Or of guardian if walker is under the age of 18) Date

Enclose entry fee with this form.
Mail to: Iowa SIDS Foundation
406 SW School Street
Ankeny, IA 50023
Make checks payable to:
Iowa SIDS Foundation

Questions regarding walk registration may be directed to 866-480-4741 or by email at info@iowasids.org.

SUPPORT OUR GOLD SPONSORS:

Iowa SIDS Foundation
406 SW School Street, Suite 205
Ankeny, IA 50023
www.iowasids.org

NONPROFIT ORG.
U.S. POSTAGE PAID
DES MOINES, IA
PERMIT NO. 2934

12th Annual Iowa SIDS Walk for the Future

support educate HOPE

IOWA SIDS WALK 2011

Saturday, August 27, 2011

Ankeny—NEW Location!
Wagner Park Bandshell
8:30 am Registration - 9:30 am Walk

Cedar Rapids
Noelridge Park—Lagoon Pavilion
8 am Registration - 9 am Walk

Chariton
Town Square
8 am Registration - 9 am Walk

Mason City
East Park Prairie Playground
Alt. Rain Location - Southbridge Mall
8:30 am Registration - 9 am Walk

Quad Cities—NEW Location!
Crow Creek Park Shelter #1
8 am Registration - 9 am Walk

Sioux City
Bacon Creek Park Shelter #1
8:30 am Registration - 9 am Walk

Washington
Sunset Park
8:30 am Registration - 9:30 Walk

WALK FOR THE FUTURE

The 2011 Walk for the Future is our primary fundraiser and celebrates twelve years of walking and fundraising to raise awareness of SIDS across the state of Iowa. It is a statewide family event for SIDS families to meet or reconnect, for friends to show support, and for communities to celebrate and support the future of Iowa babies. The support you provide through registration fees, donations, and pledges supports the day to day operations of providing support, education, and hope to Iowa families!

WHAT IS SIDS?

Sudden Infant Death Syndrome is the sudden and unexpected death of an apparently healthy infant younger than one year of age that remains unexplained after a thorough case investigation, which includes a complete autopsy, examination of the death scene, and clinical review.

Approximately 2,300 babies die annually in the US from SIDS. The Iowa SIDS Foundation reaches out to 40-45 Iowa families each year.

REDUCING THE RISK

At this time, SIDS can NOT be prevented or predicted, however research shows we can reduce the risk by:

- Always putting babies flat on their back for sleep, including naps.
- Never smoking around a pregnant mother or baby.
- Always put a baby to bed by herself-without other adults or children on the same sleep surface.
- Never place a baby to sleep on a sofa, chair, recliner, adult bed, pillow, or fluffy blanket.
- Always place a baby to sleep on a firm surface with a pacifier and no soft bedding, pillows, blankets, toys, or bumper pads.
- Never overheat or overdress baby. Keep baby's sleep environment comfortable for a lightly clothed adult.

WALKER NAME: _____

* Pledge form & donations may be mailed with your registration or you may bring them on the day of the walk .

PLEDGE NAME	AMOUNT

____ **I have collected more than $100 in pledges. Please send a sweatshirt to the address on my registration form.**
Circle Size: Adult S M L XL 2XL 3XL or Youth S M L
Sweatshirts will be mailed AFTER the walk.

Note: If you turn pledges in on the day of the walk, please be sure your name is added to the order form at the registration table to ensure a sweatshirt is ordered for you!!

___ **I have collected more than $100 in pledges but do not care for a sweatshirt.**

HOW TO REGISTER?

A completed registration and consent will be required for each walker, adult and youth.

Complete a registration by:

1. Filling out the registration form and mail to the ISF office. You are welcome to make additional copies or they can be printed from our webpage, www.iowasids.org, or mailed to you by calling 866-480-4741. -or-
2. Pre-register on line, www.iowasids.org, using a credit card. - or-
3. After August 18th, register on site the day of the walk.

BENEFITS TO PRE-REGISTRATION

- **SAVE MONEY!!** Registration fees increase $5 per adult and $2 per child for registrations received on or after August 18, 2011, including those registering on walk day!
- You will be guaranteed the walk shirt in your preferred size. If you register on walk day, we can NOT guarantee a shirt in your size will be available.
- Long sleeve walk shirts are only available to those walkers who register by August 5, 2011.

FREQUENTLY ASKED QUESTIONS

To view a list of frequently asked questions & answers, visit our webpage at www.iowasids.org

BABY'S NAME ON WALK SHIRTS

If you choose to have your baby's name included on the walk shirt, we must have written parental consent on file. If you would like to request a consent form or want to check if your family has a consent on file, call 866-480-4741 or email your request to info@iowasids.org. All consents MUST be received no later than **AUGUST 1, 2011** for baby's name to be on the 2011 walk shirt.

SPECIAL THANKS TO OUR SILVER AND BRONZE WALK SPONSORS:

Barilla America, Inc.
Casey's General Stores
Cedar Rapids Bank and Trust
Dr. Tim and Carol Dettmer
Hy-Vee and Midwest Heritage Bank
Major Erickson Funeral Home
MEDICAP Pharmacy Ankeny
Mercy Medical Center Des Moines
Osenbaugh Seeds
QC OB/GYN
Quality Ag Services
Quality Construction Services, Inc.